

# Three-month Retreats at Laussedat

## NEW PROGRAMME

**February 2020 to April 2021**

These 3-month retreats allow people to deepen a specific practice in ideal retreat conditions that are identical to those of the three-year retreat, but for a shorter length of time.

Complete transmission, teaching and guidance for the relevant practices are given by the teachers in charge of retreats (drupons): Lama Rinchen and Lama Chonyi, helped by their qualified resident assistants: drublas Jamyang and Djindrol.

These retreats also allow people to qualify for admission to the next three-year retreat, due to start in 2023.



*Amitabha led by Lama Chonyi*

*Monday 3rd February to Tuesday 28th April 2020*

The Buddha of Boundless Light, Amitabha, is associated with Dewachen, the world of Great Bliss. Dewachen is the expression of Amitabha's activity, the fruit of his wishes to manifest a pure world accessible to all, where nothing hinders progress to enlightenment.

Meditation on Amitabha allows us to create the causes for ourselves and others to be reborn in this pure land and there attain enlightenment. Four conditions enable rebirth in Dewachen: developing bodhicitta, being familiar with the description of the pure land, accumulating merit, and then dedicating that merit through the aspiration to be born there. If we are able to develop these conditions every day during our lifetime and so train ourselves, when we die, we will perceive directly the pure land of Dewachen without having to go through the intermediate state, or *bardo*.

During this retreat, the instructions for the short and the long Amitabha practice will be given, based on the commentary of Chagme Rinpoche. We will also study the long Dewachen wishing prayer, and so discover the qualities of the pure land and the benefits of being reborn there by cultivating the four conditions. Different meditations relevant to the moment of death will be explained, along with the various stages of the *bardo*, the state between death and the next life.

By the end of the retreat, those participating will be able to do the practice of Amitabha with a fuller understanding of all its dimensions, know the qualities of the pure land of Dewachen and the benefits of being born there, and appreciate how this practice will be of great help at the moment of death in our progress towards enlightenment.

### ***Amitabha led by Lama Chonyi***

*Friday 15th May to Tuesday 28th July 2020*

We received many requests for the Amitabha retreat in February 2020. As the number of places is limited, we decided to propose another Amitabha retreat, for French speaking participants only, directly afterwards. It will be slightly shorter.

This retreat provides another opportunity to learn the practice of Amitabha in all its dimensions or to deepen the understanding and appreciation of this meditation.

### ***Mind-Training (Lojong) led by Lama Rinchen***

*Thursday 3rd September to Saturday 7th November 2020*

Being a bodhisattva in everyday life is very difficult if we haven't spent some considerable time beforehand retraining the way we think about ourselves, others, and the life we lead. During this retreat we will learn to look deeply into ourselves, spot the habits that prevent us from behaving like a bodhisattva, and change them, using the techniques taught by the great masters of the mind-training lineage.

Much appreciated for its clarity and conciseness, the commentary to the seven-point mind-training by the 5th Shamarpa (Konchok Yenlak) will be the focus of our studies for this retreat. The practice sessions will be devoted to training both ultimate bodhicitta (through meditation) and relative bodhicitta (through the give-and-take or *tonglen* technique.)

We will also look at extracts from books on lojong by modern writers, both Westerners and Tibetans, and learn to appreciate them in the light of the classic transmission.

At the end of the retreat, people should leave with a thorough understanding of the mind-training tradition and how to put it into practice in the ups and downs of daily life in our western society with the help of the insights of experienced teachers of past and present.

### ***Green Tara led by Lama Chonyi***

*Wednesday 3rd February to Wednesday 28th April 2021*

Committed to reaching enlightenment and actively demonstrating its qualities in an exclusively female form, Green Tara has come to epitomise wisdom that manifests itself as a particularly active compassion with a protective function. Her meditation emphasises the recitation of the 21 Praises to her as a means of contemplating the qualities of enlightenment, so creating a bridge between ourselves and the realisation we cultivate as we do the practice.

Instructions for the Green Tara meditation will be given, and we will study the practice text itself and discover how it enables us to accumulate merit and wisdom. There will be traditional explanations for the 21 Praises according to the commentaries of Ngulchu Dharmabhadra and Taranatha, and some general background teaching on Green Tara and how she protects us from fear and quickly fulfils our heartfelt wishes. We will also look at extracts from the explanations of contemporary Tibetan teachers.

After this retreat, people will be able to do the Green Tara practice with an understanding of all its dimensions, have a better knowledge of the qualities of enlightenment referred to in the 21 Praises, appreciate the recitation of praises as an effective meditation technique, and understand the process of freedom from fear connected with the practice and how this is of both immediate and long-term benefit in the world around us.

**learn more about the 3-month retreats and how to apply: email Lama Rinchen at [rincheninfo@gmail.com](mailto:rincheninfo@gmail.com)**